mo	references	☐ Lower Body Focus	☐ Upper Body Focus	☐ Core Body Focus	☐ Total Body Focus	☐ Arm Injuries	☐ Leg Injury	☐ Back Injuries	
HealthAngel.com	User Registration / Preferences	☐ Monday	☐ Tuesday	☐ Wednesday	☐ 6:00 A. M.	☐ 11:00 A. M	☐ 3:00 P. M.	☐ 6:00 P. M.	
	Use	Name	Address		City State Zip	Telephone - Evening Telephone - Dav		e-Mail	

Figure 1

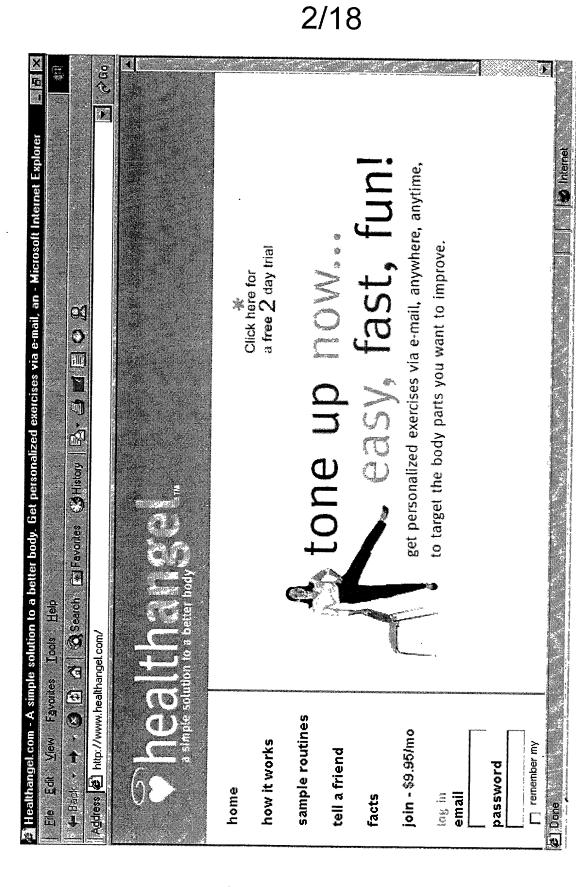


Figure 2

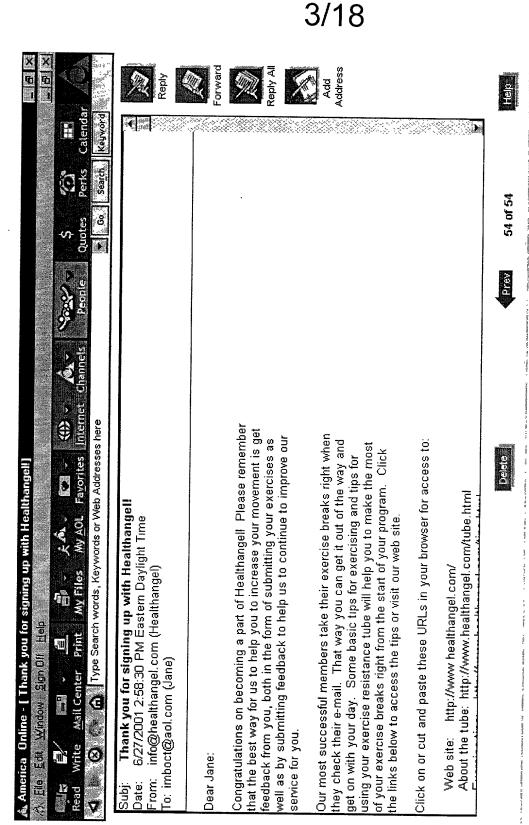


Figure 3a

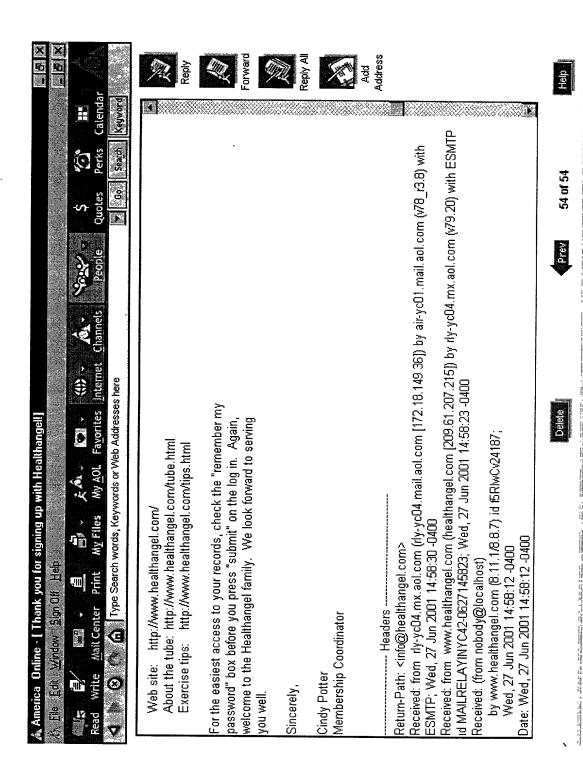


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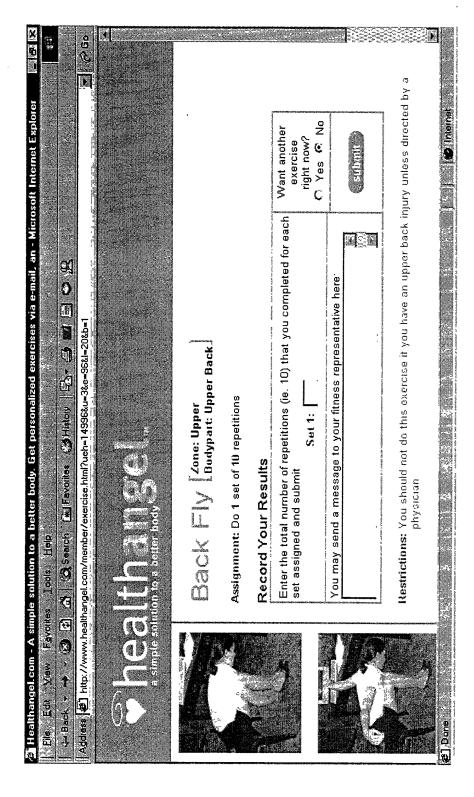


Figure 5

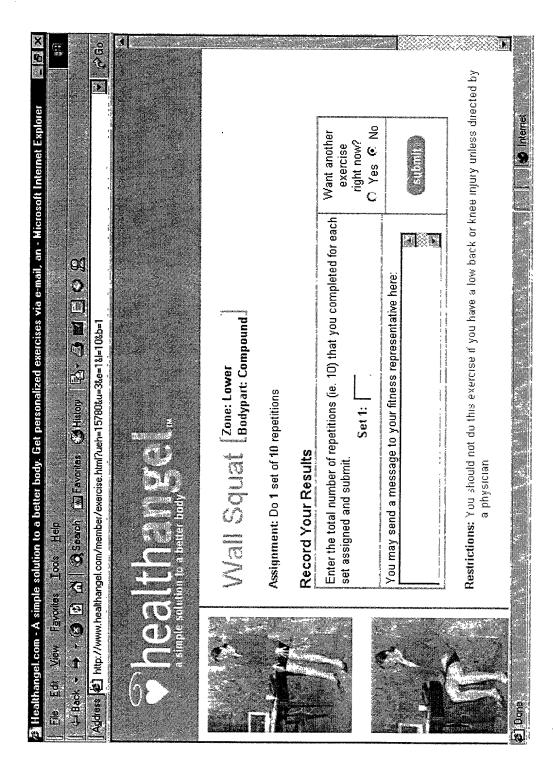


Figure 6

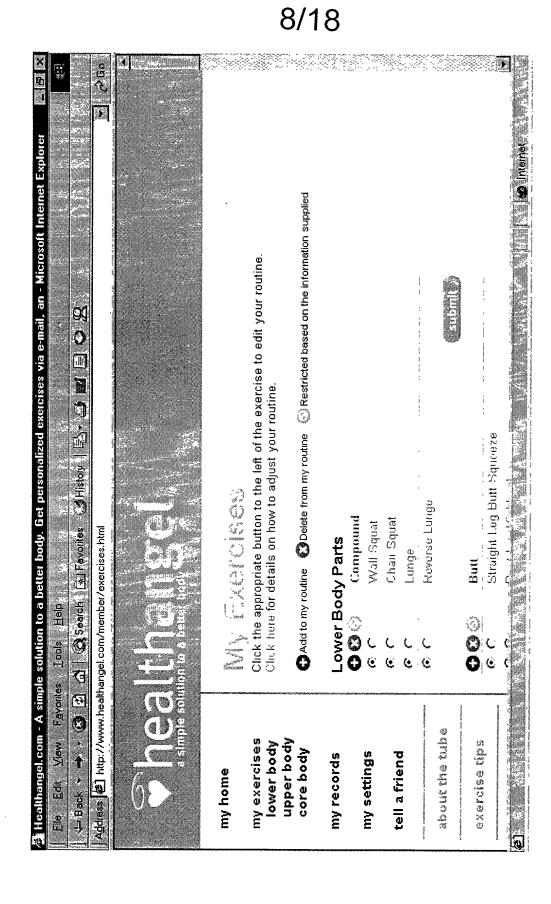


Figure 7

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Figure 8

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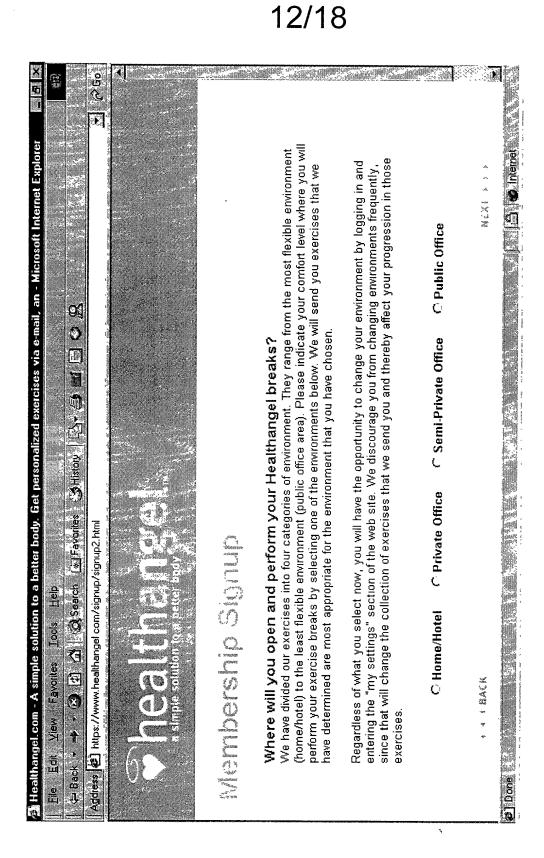


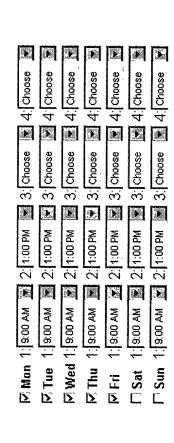
Figure 10b



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On what days and at what times would you like us to e-mail you?

Check the box by each day you want to receive an e-mail and select up to four times you want to receive them. We suggest starting with two times a day, and adjusting up or down from there.



Let's synchronize our watches so that you get your breaks on time.

Right now it is Wed at 02:45 PM

Would you like us to send you reminders?

Figure 10c

THE REAL AND THE SET OF THE SET O

Control of the Contro

Choose a program to get a workout that targets the body parts that you want to improve.

- Great Legs and Butt Exercises for Legs and Butt only
 - C Great Arms Exercises for Arms only
- Great Abs and Waist Exercises for abs, waist and lower back only
 - © Total Body Exercises for all body parts
- C Lower Body Focus Total body workout with more lower body exercises
- C Upper Body Focus Total body workout with more upper body exercises
- Core Focus Total body workout with more abdominal and lower back exercises.

When your signup is complete, you can add or delete exercises from your routine to personalize it even more. Just log in to the member site and click on the "my exercises" section to add or remove exercises from your routine. In order to assist us in placing you at the appropriate starting point, please indicate which sentence below best describes you.

As you work through your program, we will adjust it to be more difficult as you get stronger, however, it is harder to make your program easier, so please choose your starting level accordingly. ச Fitness Level 1: You have had little or no experience with fitness, or you haven't done anything in the last several months, or you have had physical limitations that require you to start out slowly.

Figure 10d

Please check any area of your body with exercise restrictions or limitations.

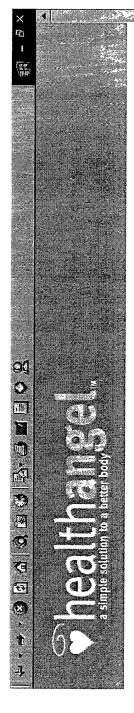
pay close attention to how your body feels while you are performing any of the exercises that we assign you Selecting a body part will delete certain exercises from your program that could cause further injury. Please be aware that deleting these exercises will not remove all of your risk of injury, it is still important for you to and discontinue exercise if you have any pain or dizziness. When you have recovered from your injury, you can adjust this setting to have the corresponding exercises added back into your program.

☐ Neck - e.g. whiplash or strained musculature

15/18

- ☐ Shoulder e.g. rotator cuff tear, dislocation, subluxation
- Fibow e.g. tennis elbow
- Wrist e.g. carpal tunnel
 - ☐ Hand e.g. tendonitis
- 🗖 Upper Back Cervical or Thoracic Vertebrae, e.g. herniated disk or pinched newe
 - 「I Lower Back Lumbar Vertebrae or Sacrum, e.g. herniated disk
 - THip e.g. hip replacement, osteoarthritis, or tendonitis
- FI Knee e.g. ligament or recent ACL, LCL, MCL, or PCL injury
 - T Ankle e.g. tendonitis or ligament injury

Figure 10e



Billing Information

There is a one-time activation fee of \$14.95 and the program is \$9.95 per month. \$24.90 will be billed to your credit card at this time, \$9.95 will be billed to your credit card monthly thereafter. You may cancel at anytime. The activation fee is non-refundable and cancellation is not retroactive.

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Figure 10g

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about the tube

exercise tips

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Please print this receipt for your records.

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Card #

Amount \$24.90

06/27/2001 02:06 PM

Order # 299

Thank you for joining Healthangell

receive the assignment, or have any questions about completing your break, please e-mail us at infu@healthangel com. Technical support is also available by phone from 9-5 EST at 1-877-MY ANGEL (1-877-692-6435). LOOK FOR YOUR FIRST HEALTHANGEL BREAK. Your first Healthangel Break will arrive at the next scheduled time you indicated on your sign-up sheet. If you don't

SUBMIT YOUR EXERCISES. Because the program progresses at your pace, your assignment, indicate the number of repetitions that you completed and press the SUBMIT button. Your workout results will be logged and used to determine your input is incredibly important to its success. When you complete an e-mail future assignments.

your starting points. Within two weeks you'll receive your exercise tube -- our gift to you -- for use with some of your assignments. The tube's color corresponds to your AWAIT YOUR GIFT. The information you've provided thus far has allowed us to set current fitness level. The tube itself provides added resistance to increase the efficiency of your workouts, keep it where you access your e-mail.

Figure 10h